

Crystal Lake Soccer Federation

Return-To-Play Action Plan



Overview

- The only objective for CLSF's return-to-play plan is to ensure the health and safety of all players, parents, coaches, referees, staff and volunteers.
- CLSF leadership and staff will continue to follow all guidelines from the CDC, the State of Illinois, Illinois Youth Soccer, as well as county and local government officials.
- This document highlights procedures, rules, guidelines, and protocols per Phase 3 of "Restore Illinois."



Key Resources

- Below are links to key documents outlining ALL details of return-to-play and youth sports participation:
 - CDC reference documents to guide Crystal Lake Soccer's families and coaches.
 - [Checklist for coaches](#)
 - [Keeping players safe](#)
 - [Illinois Youth Soccer Association \(IYSA\) announcement](#)
 - [Restore Illinois Phase 3 Youth Sports Guidelines](#)



CLSF Club Guidelines

- Collect from each participant the signed “IYSA Communicable Disease Release of Liability and Assumption of Risk Agreement” PRIOR to every athlete’s participation.
 - Click [here](#) to access the form.
- Train and educate all staff on protocols
- Provide hand sanitizing stations and waste receptacles at fields for individual participant use.
- Close facility concession stands.



Parent Guidelines

- Notify CLSF club immediately if your child becomes ill for any reason.
- Ensure your child is healthy and check your child's temperature before activities with others.
- Consider not carpooling or very limited carpooling.
- Wearing masks are required.
- Ensure child's clothing is washed after every training.
- Ensure all equipment (cleats, ball, shin guards etc.) are sanitized before and after every training.
- Do not assist your coach with equipment before or after training.



Player Guidelines

- Masks are permitted but not required to be worn by the players during training.
- Anyone with a temperature of 100.4°F or above shall not be permitted to remain on site.
- Wash and sanitize all equipment before and after every training.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.



Coaches' Guidelines

- Coaches are responsible for keeping players safe.
- Always wear a face mask within 10 feet of the participants.
- Ensure coach is the only person to handle equipment (e.g. cones, disk etc.); do not enlist parental or attendee assistance.
- Ensure all athletes have their own individual equipment (ball, water, bag etc.).
- No games or scrimmages.
- Do not use scrimmage vest or pinnies.



Training Guidelines

- Group size must be limited to ten (10) participants or fewer per every coach.
- Continue 6-foot social distancing.
- Minimum 30 feet of distancing space must be maintained between groups. Area for each group must be clearly marked.
- Teams / groups should be static, with no mixing of employees or participants between groups for the duration of the session.



2020 – 2021 Force Competitive Tryouts

- All new players interested in joining Force must pre-register for tryouts [here](#).
- The following two forms must be submitted [here](#) prior to attending tryouts:
 - [Medical Release Form](#)
 - [Communicable Disease Release Form](#)



2020 – 2021 Force Competitive Tryouts

ARRIVAL

- Parent may accompany player to check-in tent (located between Fields 1 & 2)
- After check-in, parent may accompany player to the bag drop area at the tryout location.
- Once player is safely checked in at tryout location, parent returns to their vehicle & are not permitted to view the session from the field.

TRYOUT SESSION

- All players will be trained and evaluated in an individual setting, with each player having their own private training space.
- The maximum coach to player ratio will be 1:4
- For all other player & safety protocols please view the earlier slides in this document.

DEPARTURE

- At the scheduled tryout end time, parents may return to the field to safely accompany their player back to the vehicle.
- No gatherings of any kind permitted at the conclusion of the tryout.
- All players and parents go directly to their vehicles and leave the facility.
- Coaches thoroughly clean all equipment



Tryout Map



Thank you for your continued
patience, support and
dedication to the Crystal Lake
Soccer Federation!

For questions, please click [here](#).

